

VITAL SIGNS



VOL. XIII No. 2

Naval Hospital, Orlando, Florida

February 1989

VADM James A. Zimble, MC, USN

Surgeon General of the Navy visits NHO

VADM James A. Zimble, MC, USN, Surgeon General of the Navy, was officially greeted at Naval Hospital Orlando on Friday morning, 10 February. His schedule was a busy one starting with breakfast with the Medical Corps Captains, a meeting with CAPT Palmer, a meeting with the Executive Committee of the Governing Body, and a command briefing given by LT F. Jay Fox, USN. The Admiral then toured the facility which must have brought back a lot of memories. VADM Zimble was the Commanding Officer of this hospital from August 1978 to July 1981 which was during the timeframe that this hospital facility was being built.

VADM Zimble held three meetings with the staff: one for the Medical Corps, one for all of the officers, and one for the enlisted personnel. He met with CAPT Richard Silverman, Commander, Naval Training Center, Orlando prior to leaving the hospital. The Admiral concluded his visit to Orlando as the guest speaker at the Medical Corps ball which was held Friday evening at the Officers' Club.



Career talk with LT Brian A. McHugh, MC, USNR, in the Emergency Room.



A welcome aboard from CAPT James A. Bloys, MC, USN, and the other Medical Corps Captains.



A meeting with a familiar shipmate, Dr. Anthony Tabacco, in Radiology. Dr. Tabacco was working here during VADM Zimble's tour as Commanding Officer.

February is

This February marks the 63rd Anniversary of the observance of Black History Month. Each year, the observance has a theme and this year it is, "The role of African-American Churches in economic, political, and social development at home and abroad."

Events which have already taken place were: A display of artifacts in the lobby of the De Florez Building at NTSC on 14 and 16 February; a luncheon at the University of Central Florida on 15 February. The guest speaker for this event was the Reverend Harry Rucker of the Shiloh Missionary Baptist Church in Sanford.

Events yet to come are: 25 February a dance and fashion show at the Lakeside Room. The fashion show will begin at 2000 and the dance immediately after the show. The fashion show will feature designs by Edith Sparrow of Orlando. The disco will feature Charles Morse and Ken Moore. A gospel concert will be held on 26 February at the NTC Theater from 1500 to 1700.

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American Red Cross

Volunteer hours for

January - 1,821

Volunteers of the Month

Mrs. Paulette Smith works more hours than any other Volunteer. She averages over 500 hours per year in the OB/GYN Clinic working every Wednesday, all day.



Mrs. Barbara Jones also works in the OB/GYN Clinic, working every Thursday afternoon. She received her ARC training at this command and has been a volunteer for 8 years.

Hey, y'all ... we're
having an
Easter Egg Hunt!



SATURDAY

25 MARCH

1000

Fun

Prizes

Candy

To be held on the hospital grounds

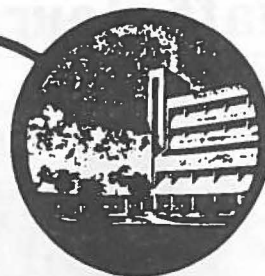
For all the younger children of the staff of Naval Hospital and Naval Dental Clinic

Sponsored by Oakleaf Club

Vital Signs

STETH - O - SCOOP

By HM3 Samuel W. Herren, USN



What is your biggest pet peeve?



HM3 Marva A. Judge, OB-GYN Clinic: "People who talk out loud in public."



LT Creighton S. Kendall, MSC, Head, Patient Administration Dept: "People that don't care enough to do things right, whether it deals with family, friends, or work."



HA Sean D. Kempf, Pediatrics Clinic: "People who don't turn their turn signals off."



Mrs. Jean Vogelius, Secretary, Social Work Department: "People who don't return your phone calls."



LT Donnie B. Fields, MSC, Education and Training Department: "People not being sensitive to the needs of others, and not realizing that they can make a difference."



Mr. Roger Woodrum, Inpatient Admin: "People who don't live up to their promises."

Staff Journal

Awards Ceremony of 18 January



LT Ronald L. Williams, Sr., NC, USN, Nursing Services, received the Navy Achievement Medal for his professional achievement in the superior performance of his duties while serving as Staff Nurse, Naval Hospital, Roosevelt Roads, PR.



HM3 Samuel W. Herren, USN, Commanding Officer's Driver, received the Navy Achievement Medal for his professional achievement in the superior performance of his duties while serving as Leading Petty Officer, Optometry Department, Sewells Point Branch Medical Clinic, Norfolk.



Alison T. Clarke, MD, Head, OB-GYN Department, received a Letter of Commendation from CAPT Palmer for her superior performance of duty. Dr. Clarke has returned to private practice.



LCDR Ralph G. Menard, Jr., MC, USNR, Anesthesiology Department, received a Letter of Commendation on his release from active duty.



HM2 Kent A. Hagler, USN, Laboratory Department, received his First Good Conduct Medal.



HM3 Cindy Jo Rinehart, USN, Surgery Department, received her First Good Conduct Medal and has now been released from active duty.

New Petty Officers

Advanced to HM3 on 17 January were, left to right, front row: HM3 Sue A. Leighton, HM3 Theresa K. Griffith, and HM3 Wendell F. Langston. Back row: HM3 Michael Wiewiorski, HM3 Franklin J. Hendley, HM3 Michael S. Cavanaugh, and HM3 Gregory C. Brown.



Frocked to HM3 were, left to right, front row: HM3 James P. Kenney, HM3 Fernando A. Lopez, HM3 Armando D. Guerrero, HM3 Everick A. Johnson, HM3 Jesus Chavez, HM3 Paul S. Carter, and HM3 Dennis W. Watson. Back row: HM3 Ronald R. Roman, HM3 Keith A. Rogers, HM3 Demetrius Thompson, HM3 Eric L. Provo, HM3 Gearl L. Slater, HM3 William E. Cordoni, and HM3 Phillip E. Oyler.



Also frocked to HM3 were, left to right, front row: HM3 Miguel A. Quintana, HM3 Anthony M. Molodecki, HM3 Louie A. Alaniz, HM3 Michael P. Williams, HM3 Nikol K. Siangco, and HM3 Jerry T. Hess. Back row: HM3 Victor B. Minella, HM3 Benjamin R. Abad, HM3 Simon A. Maple, HM3 Brian McGuirk, and HM3 Tracy Y. Amaya.



HM3 Timothy L. Kelley, USN, Outpatient Administration Division, received his frocking letter authorizing him to wear his new HM3 rating badge from CAPT Palmer on his checkout day, 24 January. Petty Officer Kelley has been transferred to Marine Air Group 29, Marine Corps Air Station, New River, Jacksonville, NC.



LT James R. Lewis, USN, Infection Control Officer, Quality Assurance Unit, received the Navy Achievement Medal on 17 January. The medal was awarded for his superior performance of duty during his tour. LT Lewis has been released from active duty.



Support for Project Uplift continues to gain in momentum. Fashion Square Mall cleaned out the coins from all the fountains and donated the funds on 9 January to help get Project Uplift 89 off to a good start. Ms Alice Estrada, Marketing Director for Orlando Fashion Square Mall passes the box of coins to HM1 Joseph M. Tompkins, USN, one of the coordinators of the Project. Ms Dee Locke, on the right, Management Assistant for the Mall said the pennies, nickles, dimes and quarters totaled nearly \$500.



Navy Hospital Orlando, once again, was the recipient of a gift from a dedicated, generous, and caring organization -- The Navy Wives Club, Orlando Chapter #267. This time they contributed a VCR for the Alcohol Rehabilitation Department. Taking part in the presentation were (left to right): Mrs. Tommie Galloway, Mrs. Ima Black, CAPT Palmer, Mrs. Sharon Lee, President of the Chapter, and ARD representatives: ATC Ricardo L. Parr, Mr. Ed Sargent, and CDR Virgilio D. Lopez, MC, USN.

The presentation was made on Friday, 3 February.



LT Jane M. Haas, NC, USN, received a Letter of Commendation from CAPT Palmer on 11 January as she prepared to transfer to U. S. Naval Hospital, Guam.



HM3 Brent R. Sowers' reenlistment on 2 February was a family affair. Petty Officer Sowers' wife, Jennette, daughter, Aubrey, and son, Jordan, were present. The reenlistment officer, LT Wayne G. Phelps, NC, USN, offers his congratulations. HM3 Sowers is assigned to Nursing Services.



On 30 January, HMC James F. Boileau, USN, transferred to the Fleet Reserve. At a ceremony at the Branch Medical Clinic, LT Leonelli, Director, presented him with a Letter of Commendation and his Fleet Reserve Certificate.



HM2 John Szmekow, USN, received a Letter of Commendation on 30 January for his outstanding performance at the Branch Medical Clinic, NTC Annex. Petty Officer Szmekow has been reassigned to BMC and LT Leonelli made the presentation.



CAPT Palmer made a special trip to the Occupational Health and Preventive Medicine Department to present Mr. Charles Coeyman with his 10 year Service Award. The presentation was made on 1 February.



3 February was retirement day for Mrs. Wanda O. McCune, RN, from the Labor/Delivery Ward. CAPT A. M. Redo, NC, USN, Director for Nursing Services, presented the Retirement Certificate which documented Mrs. McCune's almost 30 years of Federal Service.



These BEQ residents "cleaned up" on their shipmates ... they received special recognition for maintaining a grade of Outstanding in their room inspections for 60 days -- from 1 November 1988 to 1 January 1989. Pictured with ENS J. G. Martindale, MSC, BEQ Officer, and MSC Narcisco Caramutan, BEQ Manager, they are: HM3 Lucy C. Antoine and HM1 Del Parana Serrano in front. In back (from left to right): HM3 Richard E. Abernathy, SH3 Jimmy L. Gordon, HN Scott A. Dial, and HN Troy N. Therrien.

Not present for the picture were: HN Andrea M. Lowe and HN Robbin J. Barrow.



7 February was reenlistment date for HM2 Margaret A. Williams, USN, Staff Education and Training Department. Petty Officer Williams' reenlistment officer was LCDR Kathryn R. Murphy, NC, USN, her department head. Petty Officer Williams will be transferred in March to the Branch Clinic, Atsugi.

Congratulations to:

1988 Sailor of the Year – HM1 William J. Hartmann, USN



HM1 William J. Hartmann, USN, Biomedical Equipment and Repair Branch, as Naval Hospital Orlando's Sailor of the Year for 1988, collected all kinds of gifts and momentos at the ceremony on 3 February. CAPT Palmer presented his Sailor of the Year Certificate and a 96-hour liberty pass; Mrs. Charlene Maroney, Oakleaf Club, presented a check for \$50; Retired Chief Petty Officer Rick Santos, pictured above, presented a plaque from the Non Commissioned Officers' Association; and HMCS Thomas A. Greenwood presented a \$100 Savings Bond from the Chief Petty Officers Association.

1988 Junior Sailor of the Year – HM3 Armando D. Guerrero, USN



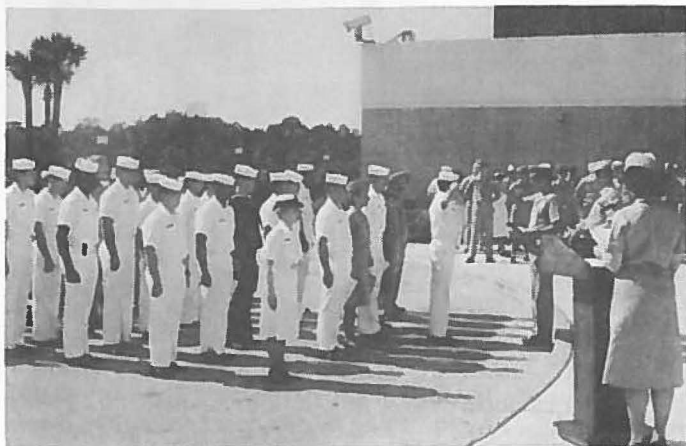
HM3 Armando D. Guerrero, USN, Nursing Services, was next to receive the many gifts and momentos. Mrs. Charlene Maroney, pictured above, from the Oakleaf Club presented a check for \$50 and HMCS Greenwood presented the Savings Bond from the Chief Petty Officers' Association. HM3 Guerrero received his certificate and 96-hour pass from CAPT Palmer and a plaque from the Non-Commissioned Officers' Association.

1988 Civilian of the Year – Mrs. Barbara Rotruck



Mrs. Barbara Rotruck, Secretary to the Director for Nursing Services, received a certificate from CAPT Palmer and a special achievement award of \$150. She also received a special Naval Hospital Orlando plaque from Ms Joyce Lockwood, President of the Civilian Welfare and Recreation Association.

PRT Awards of Excellence



On 2 February, a special ceremony was held to honor those individuals who were awarded the Health and Physical Readiness Award of Excellence for obtaining the category of OUTSTANDING on the semi-annual Physical Readiness Test.

The following received special recognition for their achievements:

HM3 Sue A. Leighton: Best score for females ages 17- 19
HN Anthony Lucca: Overall Outstanding and best score for males ages 17 - 19.

Overall Outstanding for Age Groups

Ages 20 - 29

LT Denise Graham, MSC
HM1 Donald McKenzie (Perfect Score)

Ages 30 - 39

CDR Rita Swanson, NC
HM2 Kenneth Perkins

Ages 40 - 49

CDR Harold Sloas, MC
LCDR Jean Ensor, NC

Age 50 +

DPCM Maxwell Crabbe

Overall Outstanding

CDR Edward Grout, MSC	HM1 PAUL Fraas
LCDR William Bigham, MC	HM1 Brian Clark
LCDR Stephen Torrey, MC	HM1 Tona Broome
LCDR Keven Reed, MSC	HM3 Jesus Chavez
LT Alica Bartlett, NC	HM3 Scott Cantania
LT F. Jay Fox	HM3 Armando Guerrero
LT James Podschun, MSC	HM3 Julio Heredia
LT Thomas Howe, NC	HM3 Tammy Rodriquez
LT Richard Savoy, MSC	HM3 Dwayne Sheridan
LT Thomas Vagnini, MSC	HM3 Jerry Webster
LT Mark Taylor, MSC	HM3 Michael Wiewiorski
LTJG Alan Siewertsen, MSC	HN Angel Gonzalez
LTJG Esteban Villaros, NC	HN Timothy Jenkins
ENS Judy Hernandez, NC	HN Hermes Lima
ENS Theresa Lillard, NC	HN Glen McDaniels
CWO2 Joy Deitle, PA	HN Nestor Velazquez
CWO4 Dennis Kurz, PA	HA Trevor Durett
HMCS William Stoller	HA Leonard Smith
HMC Charles Thompson	HA Steve Walton
HMC Havie Smith	HR Benjamin Griego
HMC Patrick Lowry	
DT1 George Jones	
HM1 James Harrell	



CAREER COUNSELOR'S CORNER

HM1 Thomas A. Gaston, USN

Is the EEAP for you?

The Enlisted Education Advancement Program provides an opportunity for highly qualified and career motivated enlisted personnel to earn an Associate Degree to improve qualifications in their rating and/or management skills. Selectees will pay for tuition, fees, books, and other expenses incurred while participating in EEAP. Students may not use Tuition Assistance, but may utilize any GI Bill entitlements for which they may be eligible. Students will have a maximum of 24 months to complete degree requirements. If the degree is earned in less than the maximum allotted time, students may not continue in the EEAP to enroll in courses leading to a Baccalaureate Degree. Six years of obligated service will be incurred as a result of participation in the EEAP. No relationship exists between this obligated service requirement and the number of months of education provided. As with any advanced educational program, your performance evaluations and Navy school scores, plus evidence of individual effort to advance academically while in the Navy, are required. If you need further information on all requirements, get a copy of OPNAV NOTICE 1510 of 14 December 1988, or contact me. As I have said before and will say again, "It is YOUR career and YOUR life ... so make it count while you have the chance."



Summing up the outstanding results of the Detailers' visit on 30 and 31 January: HM1 James Whitmore, NMPC; HMC Lee McColligan; HMC Charles Grizzle, NMPC; and HM1 Thomas Gaston.

Visitors

Students from Tuskawilla Middle School arrived at Naval Hospital Orlando on 10 January for a close look at career opportunities in the medical field. The students were briefed by LT F. Jay Fox, USN, Public Affairs Officer, and then spent the greater part of the day touring the hospital facilities and listening to presentations from personnel in various fields.



HM1 Teodoro Noedel, Jr., USN, explains one of the computers used for tests in the Laboratory Department.



HM2 Virginia Richardson, USN, demonstrates one of the computers used in the Pharmacy Department.

Retirements



CDR James D. Bohn, NC, USN, was retired from the Navy at a ceremony in the Commanding Officer's office on 31 January. CDR Bohn was a Nurse Anesthetist who had over 20 years of Naval Service.



Mrs. Lois S. Ziglar, Outpatient Administration Division, was retired on 31 January. CAPT Palmer presented her with a "Plank Owner" picture board and her retirement certificate.



A retirement ceremony for CAPT Sara C. Tolar, NC, USN, was held on 27 January with a standing-room-only crowd in the lobby. Happiness was ... being whisked off in a white limousine, complete with official driver, and a bottle of "diet pepsi."



CHAPLAIN'S

COMMENTS

By

LT James R. Christian, CHC, USNR



CIVIL LIFE



By Mrs. Jane Smith

Maintain your spiritual health

"A carpenter and his apprentice were walking together through a large forest. And when they came across a tall, huge, gnarled, old, beautiful oak tree, the carpenter asked his apprentice: 'Do you know why this tree is so tall, so huge, so gnarled, so old and beautiful?' The apprentice looked at his master and said: 'No. Why?' 'Well,' the carpenter said, 'because it is useless. If it had been useful it would have been cut long ago and made into tables and chairs. But because it is useless, it could grow so tall and so beautiful that you can sit in its shade and relax!'" (from Out of Solitude by H. Nouwen)

This little story came to mind as I reflected on the fact that we live in an age and in a Navy where the emphasis seems to be more and more on usefulness, practicality, and productivity. We always seem to be under the gun to squeeze just a little more out of a little less, be it money, people, or especially our time. In the midst of our hectic personal and professional lifestyles, it might be helpful to remember that as human beings, created in the image of God, there's more to us than what we do or don't do. There's a spiritual dimension to our lives that must be honored and pursued if we are going to find the joy, fulfillment and abundance in living that God intends for us. It's not always easy to do that. Time is precious and we want to invest it as "usefully" as possible. That's why the pursuit of spirituality is called a discipline; but a discipline well worth embarking on. As I think about the great people of history, an inordinate number have made a conscious practice of maintaining their spiritual health. As Dwight Eisenhower said, "People grow in stature only as they daily rededicate themselves to a noble faith." Those moments you invest in prayer, meditation

The Civilian Welfare and Recreation Association has announced their new officers for the year. They are:

Chairman	- Joyce Lockwood
Vice Chairman	- Sarah Kunerth
Secretary	- Carol Canter
Treasurer	- Jean Booras
Publicity	- Jane Smith

New Board Members:

Eddie Brewer	Ann Hutto
Nancy Livingston	Marie O'Dell
Estelle Markowitz	Harold Peters
Christini Saadat	Lynn Repp
Edward Sargent	Lovie Tompkins
Helen Walsh	Marie Willis

The monthly CWRA meeting was held on 10 January. A welcome was extended to all the new officers and to Mr. Jim Sellers, who is our CCPO representative. We extend an invitation to all civilian employees to help keep us informed regarding any of our co-workers who are ill or even someone who needs a note to cheer them up.

CWRA birthday greetings to:

Carolyn Green, 3 February; Charles Van Sickle, 4 February; Rosita Mejia and Michele McNally, 5 February; Glenda Strickland, 7 February; Joseph Dechant, 11 February; Jean Vogelius, 14 February; Betty Johns and Anthony Tabacco, 17 February; and Walter Altizer, 27 February.

By the time this paper is published, our Valentine Bake Sale will have taken place ... and if it is as great as all the others we have had, it will be a tremendous success.

CWRA meetings are held the second Tuesday of every month at 1300 and usually in the Lawson Room. Make plans to attend and be in on the action!

or reading might turn out to be some of your most useful moments in the long run.

I hope that you'll chose to invest some of your precious time in spiritual pursuits. A spiritually alive and healthy person will be a much more productive person in all areas of life. Please take the time to think about it! God bless you.

From the Skipper

STRAIGHT TALK

CAPT D. D. Palmer

Respect for the environment

Last month I wrote about four levels of respect which we convey to our patients. One of them was "Respect for the Environment." The patients' view of how we treat the environment is a powerful contributor to their beliefs about how we will treat them. In this column I want to convey my observations about how well we are doing in this area within the main hospital. Let's go on a tour of the facility. As I enter through the visitor entrance, my first impression is most positive. The signs of respect are evident. The grounds are manicured, plants trimmed, sidewalk clean and neat, and the lobby clean and attractive. As I explore further into the facility, the signs of self-help projects are readily apparent to me. I can see fresh paint on the walls in the lobby and around the command suite. As I get deeper into the facility, I don't see quite as much of the attention to detail that I did in the entrance area. Self-help isn't as evident, but the place looks really clean! The efforts of our enlisted staff, reinforced by our CPO inspection program, seems to be paying off. As I survey the pharmacy and records office area, I wonder how we can persuade the waiting patients to be more considerate. Magazines are scattered on the floor. Outside the outpatient entrances, it is apparent this area does not get the attention that the visitor entrance does. Checking the inpatient areas, I note that the carpet is stained in many areas. However, again I get the immediate impression of cleanliness. The pride of our civilian workers and corpsmen is evident. The nursing stations do appear a little cluttered and the diet kitchen areas need a little work. We must replace some of our kitchen equipment.

All in all, I am really pleased. I would put NHO up against any other hospital in the system with confidence that

Command Master Chief's

"DOC" - 9 - LINE

By HMCM L. McColligan, USN

My anchors aweigh

This is a difficult column to write, for it will be my last and therefore one that I would like to use to say thanks to so many people. People who have not only made my last tour of active duty such a pleasure but people who have put Naval Hospital Orlando in front and on top of Navy Medicine -- in both cases they are the same people.

You have always responded quickly and positively to any suggestion or recommendation my office came up with and at any time with a minimum of confusion and chaos. I am proud to have been associated in the waning years of my career with such a group of professionals. I have made the right choice -- to get out now. I am comfortable in the knowledge that with men and women like you, the Hospital Corps will grow and prosper in the years ahead.

To each and everyone, I wish:

Health and long
life to you
Land without rent
to you
A child every
year to you
And may you
die in Ireland.

Au Revoir.
Lee McColligan
1952 - 1989



we would be number one. And, I am sure we radiate that respect for the environment that gives our patients extra confidence that they are in good hands.